



WARFARIN

Why Am I Taking Warfarin?

Warfarin is an anticoagulant or blood thinner. It reduces the ability of your blood to clot. It is prescribed to prevent harmful blood clots from forming or existing clots from growing.

Why Do I Need Blood Tests While Taking Warfarin?

Your warfarin dosage is determined based on the result of a blood test called International Normalised Ratio (INR). INR is a measure of the blood's clotting time (or how "thin" your blood is) and will help your doctor or pharmacist to adjust the right warfarin dose for you. Your target INR range is determined by the doctor.

The success of your treatment depends on timely monitoring and adjustment of warfarin doses to provide optimal blood thinning effects. Warfarin is a sensitive medication and its effect may be influenced by food, medications and health. Overdosage of warfarin may result in serious bleeds while underdosing may fail to prevent blood clots. The warfarin dosage required is different for each person. For the same person, the dosage required may also vary over time.

At the start of warfarin therapy, you may expect weekly blood checks for at least 1 month. Subsequently, the frequency of your blood checks will depend on how stable your past INR readings are. It is important to keep to appointments for blood tests and subsequent check-ups to help ensure your safety while on warfarin therapy.

In the event of illness (e.g. vomiting, diarrhoea, or symptoms suggestive of an infection such as fever), you may be required to come back for a blood check.

How Do I Recognise My Tablets?

Remember the name and the strength of the anticoagulant so that you take the correct dose prescribed.

The name of your medicine is WARFARIN and the brand name is MAREVAN®.

Learn to identify the strength of the tablet by its colour:



1mg Tablet : Brown

3mg Tablet : Blue

5mg Tablet : Pink

It is important not to change the brand of warfarin on your own as this can affect the control of warfarin therapy

How Do I Take Warfarin?

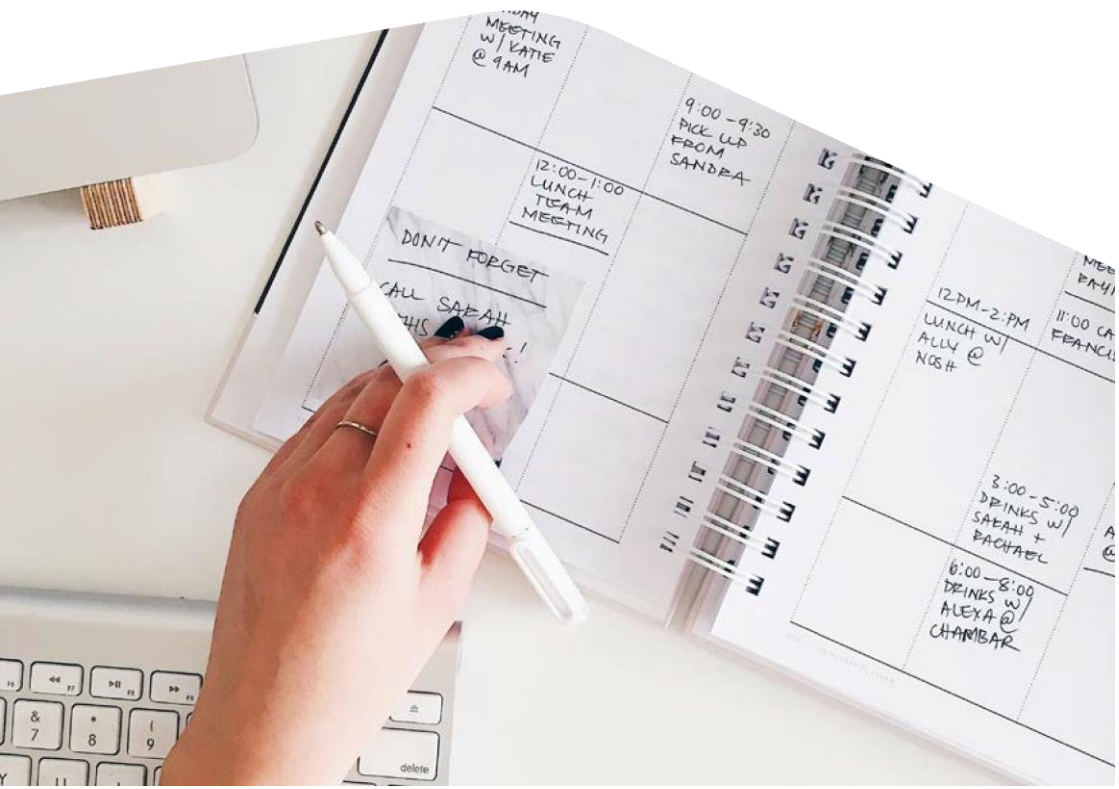
- Take your tablet(s) around the same time each day. NEVER miss a dose.
- Warfarin may be taken with or without food.

What If I Missed My Dose?

- If you missed a dose, take it as soon as you can if it is within 8 hours of your usual time to take the warfarin. If it is after 8 hours, do not take the dose.
- Do not take a double dose to catch up but take your usual dose the next day.
- Note down the date of the missed dose(s) and remember to tell the doctor or pharmacist about the missed dose(s) when you go for your next INR blood test.
- However, if two or more doses are missed, contact the doctor or your anticoagulation clinic service as soon as you can for advice. Never make dose adjustments without first consulting your doctor or pharmacist.

Always make sure that you have at least a week's supply of tablets in hand so that you will not run short.

Possible Side Effects Of Taking Warfarin



- + Slight bleeding may happen occasionally while on warfarin and usually will not require any specific treatment:
 - Bleeding from your gums when brushing your teeth
 - Occasional nose bleeds
 - Bruising easily
 - Bleeding for a few minutes (less than 10 minutes) from a minor cut
 - Menstrual flow that is heavier than normal (in women; if applicable)
- + Seek medical advice promptly if you experience any of the following:
 - Unexpected or severe bruising, gum bleeds, nosebleeds, coughing up blood or bleeding that takes a long time to stop
 - Pink or red urine
 - Black tarry stools or blood in your stools
 - Vomiting blood or particles that look like coffee grounds
 - Sudden, severe and persistent headache, dizziness or weakness
 - A fall or injury to your head or face
- + A blood clot may still form while you are on warfarin therapy before your dose is optimised. Seek medical advice promptly if you experience:
 - Swelling, warmth, redness, pain, numbness in your legs
 - Chest pain, sudden/unexplained breathlessness
 - Sudden numbness or weakness of face/arm/leg, slurred speech, visual disturbances (including blackouts) or dizziness

Can I Take Other Medicines At The Same Time

- Warfarin may interact with other medications. Always inform your doctor or pharmacist if you are taking any other medicines such as antibiotics, painkillers and medications purchased over the counter for cough and cold, headache, gastric discomfort, constipation or any other medical conditions.
- Avoid vitamin supplements containing vitamin K. Always consult your doctor or pharmacist before starting or stopping any supplements. Avoid all forms of health foods (e.g. ginkgo biloba, omega-3 fish oils, garlic, ginger supplements) and alternative or traditional medicines (e.g. ginseng, dang gui, dangshen, cordyceps).



Do I Need To Change My Diet

When you are on warfarin, it is important for you to be consistent in your dietary intake of vitamin K. This is because vitamin K promotes blood clotting and any changes of vitamin K intake in your diet may affect the way warfarin works. Vitamin K is commonly found in green leafy vegetables such as broccoli, spinach and kale. However, it is not necessary to avoid food rich in vitamin K as some of them contribute to a healthy diet. Maintain a consistent diet and avoid drastic changes.

Avoid large quantities of alcohol.

(Refer to “Interaction of Foods and Dietary Vitamin K with Warfarin” list)

Any Precautions To Take Note Of?

- Inform your doctor/surgeon or dentist that you are taking warfarin before any operation or dental procedure.
- Inform your doctor if you are pregnant or intend to get pregnant (if applicable)

How Should I Store My Medicine

Store your medicine in a cool, dry place away from direct sunlight. Do not keep them in the bathroom, kitchen or refrigerator. Remember to keep them out of reach of children.

Appendix

Interaction of Foods and Dietary Vitamin K with Warfarin (English)

[Click Here](#)

Warfarin Educational Video (English)

Scan with your phone to view the video



Materials In Other Languages

Warfarin Patient Information Leaflet (Chinese)

[Click Here](#)

Interaction of Foods and Dietary Vitamin K with Warfarin (Chinese)

[Click Here](#)

Warfarin Patient Information Leaflet (Malay)

[Click Here](#)

Interaction of Foods and Dietary Vitamin K with Warfarin (Malay)

[Click Here](#)

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